



Bushwalking Day Pack Checklist



HIKING GEAR

- Day Pack
- Hiking Poles

What do I wear hiking?

I usually always wear long pants. Sunburn, snakes and scratches are three good reasons to cover my legs! The items I wear are over and above what is in my pack. My bushwalking attire usually consists of; Long pants, a lightweight long sleeved top, gaiters, hiking socks, hiking boots, underwear (obviously) and a sun hat.



NAVIGATION

- Paper & Electronic Maps
- Compass
- Track Notes
- Garmin InReach



EMERGENCY ITEMS

- Full first aid kit.
- PLB
- Garmin InReach
- Whistle
- Bivvy Bag
- Rueben Tape
- Head Torch



CLOTHING

- Scrub Gloves
- Waterproof/Warm Gloves
- Buff
- Sun Hat
- Beanie
- Wet Weather Pants
- Wet Weather Jacket
- Thermal Top
- Thermal Pants
- Warm Layer/ Fleece

COOKING/EATING



- Water Bottles
- Life Straw
- Snacks & Lunch
- Emergency snack/meal.
- Thermos
- Mini Cook System



PERSONAL ITEMS

- Lip Balm & Sunscreen
- Hair Ties
- Sunglasses
- Toilet Paper & Shovel
- Diva Cup or similar
- Hand Sanitiser
- Battery Pack and charging cords
- Garmin Watch

What is in my first aid kit?

Hopefully the last thing you will ever need is your first aid kit. In my time walking I have seen walkers fall beneath boulders, I've personally stepped on a wasps nest, seen friends cramp so badly they literally can't move and had a friend break a leg. Do not skimp on your first aid kit! My kit includes;

- EpiPen
- Asthma Inhaler
- PLB
- Stingose
- Bivvy Bag & Space Blanket
- Hand Warmers
- Snake Bandage
- Pocket Knife
- Pocket Knife
- Lighter
- Imodium
- Spare Head Torch Batteries
- Cable Ties
- Anti inflammatory tablets and pain relief.

Remember what works for one person may be unsuitable for another. Use this list as a base to build out your own list. Always keep in mind the safety essentials though - Xing